

Thank you for choosing to participate in this camp full of non-stop action, fun and competition! Below is all the information you need to be prepared for camp.

**DATES:** June 20-24, 2016

**WHERE:** Pioneer Park – Bandshell (421 Nimrod St.)

**TIME:** 9:00am – noon (5-9 year olds) or 1:00 – 4:00pm (10-13 year olds)

Drop off begins 15 minutes prior to the program start time. All campers must be picked up at program end time.

## WHAT TO BRING:

The following is a list of items that your camper should bring to camp EVERY day. If there are any additional items that they need to bring, camp staff will inform you when you pick up/drop off your child.

- ✓ Campers should wear comfortable clothes that they can run, jump and play in.
- ✓ Snacks (tips & ideas are included below.)
- ✓ Wear toe-covered shoes
- ✓ Water bottle
- ✓ Sunscreen (or lather up before coming to camp)
- ✓ Cleats & Shin Guards (optional)
- ✓ Hat (optional)

**Mark your name on all items; put it all in a Backpack and you should be ready for a day of fun!**

*We request that you NOT allow your child to bring toys, gameboys, cell phones, etc. to camp.*

## SNACK TIPS:

Snacks are optional, but if your camper chooses to bring something with them we are making the following suggestions since campers will be outdoors the entire time they are at camp.

- ✓ Do not send perishable food items (cream based products and egg products)
- ✓ If you send any semi-perishable food products (meats, cheeses, etc) we suggest placing an ice-pack in the bag with their food.
- ✓ During extremely hot weather it is best to use only processed/packaged food products.

## MEDICATIONS:

Camp Staff cannot administer medications to participants without written consent from a parent. No medications can be provided by the Camp Employees or Nevada City Parks and Recreation. If your child needs to take medication while at our camp, please notify Camp staff.

## MISC:

The Head Coach will receive the contact & emergency information from your registration form. If you would like for the Head Coach to have additional information about your child (ie: allergies, persons who can pick up your child, etc) please provide that information to camp staff on the first day.

Did you know that you receive an \$80 rebate on camp if you host a coach? Call Dannie for more information at 916-277-8440.

## CONTACT INFORMATION:

Swimming Pool: 265-8223

City Hall: 265-2496

*Sports with a British twist!!*